–TAYE ADENIJI–

A SEASON *i lived* THROUGH

STILL BECOMING

A story of pain, growth, hope, and finding myself in the middle of it all

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This isn't just a story, I lived every chapter of it.

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Copyright

A Season I Lived Through: Still Becoming
A Memoir

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Dedication

This book is dedicated to everyone who has ever felt lost, stuck, or left behind.

To those who wake up each day carrying silent battles that no one else can see.

To those who have questioned their worth, doubted their future, or wondered if life would ever get better.

I want you to know that you are not alone.

This is my story, but perhaps, in some way, it is yours too.

May these pages remind you that difficult seasons do not last forever, and that there is still more to your story than what you have lived so far.

Keep becoming.

Acknowledgment

First and foremost, I give all glory and thanks to God. Without His grace, strength, and faithfulness, this book would not have been possible.

Writing these pages has been a journey of reflection, healing, and growth. It has allowed me to look back on the seasons that shaped me and find the courage to share them.

To everyone reading this book, thank you for taking the time to walk through this journey with me. I hope my story reminds you that even when life feels uncertain, hope remains, growth is possible, and no season lasts forever.

Thank you for being here.

Table of Contents

..... 1

Copyright 1

Dedication 2

Acknowledgment 3

Before You Turn the Page… 5

Prologue 6

The Day We Thought We Had Life Figured Out 6

Chapter 1 8

Life After Secondary School 8

Chapter 2 11

My First Step Into Tech 11

Chapter 3 14

Starting Over Again 14

Chapter 4 17

The Dream I Walked Away From 17

Chapter 5 20

My Darkest Season 20

Chapter 6 23

The Courage to Tell My Story 23

Epilogue 26

The Story Continues… 26

Before You Turn the Page…

If you picked up this book hoping to find someone who has life completely figured out, I'm afraid you'll be disappointed.

But if you're looking for someone who has cried, questioned herself, felt left behind, and still chose to keep going...

Welcome.

This is not the story of a perfect life.

It is the story of a young woman who refused to let one difficult season define the rest of her life.

If you've ever wondered whether things will get better...

If you've ever looked at everyone else and felt like they were moving while you were standing still...

If you've ever questioned your future, your worth, or your purpose...

I hope you find a piece of yourself in these pages.

Because this story is mine.

But perhaps, in some way…

It is yours too.

Prologue

The Day We Thought We Had Life Figured Out

"Sometimes the future we imagine disappears, only to make room for a future we never expected."

When I finished secondary school in 2022, I thought I had life all figured out.

Like many young people, I believed the hardest part of life was already behind me. I imagined that the next chapter would be simple: get into university, make progress, achieve my goals, and build the future I had always dreamed of.

My friends and I talked about the future with excitement. We made plans, laughed about the lives we would have, and believed nothing could stop us. At that moment, everything seemed possible.

But life has a way of changing direction without asking for permission.

The path I imagined slowly disappeared, and the reality I faced was nothing like the one I had planned. As the months passed, I watched people around me move forward while I struggled to understand why my own journey felt different. I didn't know then that disappointment, uncertainty, and painful seasons would become some of my greatest teachers.

This is the story of those years—the dreams, the setbacks, the questions, the lessons, and the hope I found along the way.

Every chapter carries a part of my journey. Some moments were joyful, others were painful, but each one helped shape the person I am becoming.

So, as you turn the page and begin Chapter 1, I invite you to walk this journey with me.

Chapter 1

Life After Secondary School

"Leaving secondary school was easy. Learning how to live afterward was the difficult part."

If someone had asked me while I was in secondary school what I thought life would look like after graduation, I would have answered with so much confidence.
Like many young people, I believed I had already figured life out.
My friends and I would often sit together, talking about our future. We imagined getting jobs, earning our own money, renting an apartment together, and starting a new chapter of our lives. We laughed as we made plans, convinced that everything would happen exactly the way we imagined.
At that age, the future felt simple.
We believed hard work alone would be enough. We thought that once secondary school was over, life would naturally fall into place.
None of us knew that life had a different plan.
As the weeks turned into months, our little group slowly began to disappear. Some of my friends traveled back to their hometowns. Others remained in the same area, but somehow we drifted apart. We stopped talking, stopped

visiting one another, and before I realized it, people I once saw almost every day had become strangers.
There was no argument.
No betrayal.
No final goodbye.
Life simply happened.
One of the lessons I have learned is that not every friendship ends because something went wrong. Sometimes people outgrow one another. Sometimes life carries each person in a different direction, and all you are left with are memories of conversations that once meant everything.
I didn't know that those conversations with my friends would mark the end of one chapter of my life.
At the time, I thought adulthood meant freedom.
I didn't know it would also bring uncertainty.
I didn't know it would bring questions that had no immediate answers.
I didn't know it would introduce me to a version of myself I had never met before.
Looking back now, I realize I wasn't prepared for what came next.
Not because I was lazy.
Not because I lacked dreams.
But because although I knew life doesn't always go according to our plans, I never thought it would happen to me.

Sometimes, the dreams we hold tightly in our hands slowly slip away.
Sometimes, the path we expected to walk suddenly changes direction.
And sometimes, the life we feared becomes the very life we have to learn from.
If I could go back and speak to the girl who had just finished secondary school, I wouldn't tell her that life would be easy. I would tell her to stay hopeful.
I would tell her not to measure her journey by someone else's timeline.
Most importantly, I would tell her that even though there would be days when she felt lost, she would still find reasons to keep moving forward.
At that moment, however, I knew none of these things.
I was simply a young girl standing at the beginning of a journey that would change my life in ways I never imagined.

Chapter 2

My First Step Into Tech

"Sometimes the first opportunity that comes into our lives isn't the destination—it is simply the beginning of the journey."

After graduating from secondary school, I knew I wanted to learn a skill. That same year, I enrolled in a desktop publishing course. At the time, I didn't know exactly where it would lead me, but I believed it was a step in the right direction.

Over the next three months, I learned how to use Microsoft Word, Microsoft Excel, Microsoft PowerPoint, and CorelDRAW. Everything was new to me, and I gradually became familiar with the basics of desktop publishing. It was my first real introduction to the world of technology, and I was excited to be learning something practical.

When the training came to an end, something unexpected happened. The woman who taught me the course told me that she needed someone to work with her. Since she didn't have a staff member at the time, she asked if I would like to become her secretary.

I gladly accepted the offer.

It was my first job, and I was grateful for the opportunity. My responsibilities included typing documents, printing

files, and assisting with the daily work in the office. Although the work seemed simple, it gave me my first experience of responsibility and stepping into the working world.

I worked there for about a year.

At first, everything went well. I enjoyed the work and did my best to learn. But as time went on, something began to change within me.

I just wanted to leave the job.

I wasn't happy anymore.

Have you ever reached a point where you are no longer happy doing something you once enjoyed? Little by little, that unhappiness begins to affect everything.

The things I used to do well became difficult. I started making mistakes in tasks I had done correctly many times before. Fear slowly crept into my heart. I became uncertain about things I already knew how to do. Every mistake made me doubt myself even more.

Sometimes my boss would raise her voice at me because of those mistakes. In those moments, I wished the ground would open up and swallow me. I felt embarrassed, ashamed, and disappointed in myself.

I started asking myself, "Why did I even accept this job in the first place?"

Then another question followed.

"What is wrong with me?"

The truth was, I wasn't trapped in the job. I could have resigned at any time. But there was no one else to take over my position, so I stayed. I kept telling myself to wait a little longer, hoping things would somehow get better.

They didn't.

Eventually, I made the difficult decision to leave.

At the time, I believed I was simply leaving a job.

Looking back now, I realize I was stepping into another season of my life—a season filled with uncertainty, difficult decisions, and lessons I never expected to learn.

Chapter 3

Starting Over Again

When 2024 began, I told myself this year would be different. After leaving my job, I believed I was finally making the right decision. I thought I had found a new direction for my life. I wasn't in a hurry to get into the university, but I decided to enroll in a JAMB lesson anyway. I wanted to give it another try and see where it would lead me.

Deep inside, I believed I was moving forward.

I imagined that once I left what wasn't working, better opportunities would begin to appear. I thought starting over would automatically make life better.

I was wrong.

As the weeks turned into months, I realized that starting over was far more difficult than I had imagined. It wasn't just about making a new decision. It was about living with uncertainty, waiting, and wondering if I had made the right choice.

There were days I asked myself whether leaving my job had been worth it. I had expected to see progress, but instead, it felt as though I was standing in the same place.

The truth is, I didn't achieve anything significant that year. That is difficult for me to admit, but it is the truth.

When I looked back at 2024, I couldn't point to anything that made me feel like I had moved closer to the life I wanted. My expectations for the year had been completely different from my reality.

I thought I had discovered a new beginning.

Instead, I found another season of waiting.

It was frustrating because I had convinced myself that once I started over, everything would fall into place. I didn't know that starting over could be so costly. It cost me my confidence at times. It cost me peace. It left me with questions I didn't know how to answer.

I kept wondering why life seemed to move forward for other people while mine felt like it had paused.

Although I was preparing for JAMB, I couldn't shake the feeling that I wasn't making any real progress. I wasn't chasing university out of desperation. I simply wanted to give myself another opportunity. But as the year continued, I began to wonder whether my efforts would ever produce the results I hoped for.

Looking back now, I realize that not every year is measured by achievements. Some years are measured by the lessons they leave behind.

At the time, however, I couldn't see that.

All I could see was another year that felt empty, another year that left me questioning my future, and another year

that made me wonder when my own life would finally begin.

Chapter 4

The Dream I Walked Away From

The following year, after thinking deeply about everything that had happened, I made another decision.

I didn't want to keep repeating the same cycle of starting something with excitement only to walk away before I had given myself a real chance. So I told myself, "Let me continue with my tech journey."

This time, I chose to learn UI/UX design.

I wasn't just learning a skill; I was chasing a future I could already see in my mind. I imagined becoming good at it, meeting experienced designers, working on real projects, connecting with people in the same field, and one day sharing my own journey to encourage others.

Those thoughts filled me with hope.

I enrolled in the class and started learning. At first, everything went well. I attended the lessons, practiced what I was taught, and enjoyed discovering something completely new. For the first time in a long while, I felt that I was moving toward something meaningful. The future I had imagined no longer seemed impossible.

But as time went on, things became more challenging.

The lessons were not easy. There were moments when I struggled to understand what was being taught. Instead of

encouraging myself to keep learning, I began to doubt myself.

My confidence slowly disappeared.

I started believing I wasn't good enough. I questioned whether I had what it took to succeed. Every doubt became another reason to stop trying.

Then, one day, I quit.

Once again, I found myself asking the same painful question:

"Why do I always stop before I get to where I want to be?"

Looking back today, I regret that decision deeply.

The truth is, I didn't fail because UI/UX design was impossible to learn. I failed because I stopped before giving myself enough time to grow.

Growth takes consistency.

If I had continued showing up, even on the days when I felt confused or discouraged, I believe I would have improved little by little. It wouldn't have been easy, but every lesson, every mistake, and every practice session would have made me better than I was the day before.

That experience taught me one of the greatest lessons of my life.

Consistency is often more powerful than talent.

Many of us expect success to happen quickly. We become discouraged when we don't see immediate results, and we convince ourselves that we are not good enough. But

progress is usually quiet. It is built through small efforts repeated over time.

Today, I have come to believe that whatever you choose to do, if you truly believe in it and remain consistent, your efforts will eventually produce results. It may not happen as quickly as you hope, and the journey may not always be easy, but every step forward brings you closer to where you want to be.

Sometimes, the biggest obstacle standing between us and the life we want is not a lack of ability.

It is giving up too soon.

Chapter 5

My Darkest Season

After walking away from UI/UX design for the second time, I couldn't stop asking myself one painful question:
“Why did I quit?”
That question followed me everywhere.
The more I thought about it, the more regret filled my heart. I wanted to go back and continue my tech journey, but I didn't know how.
Even if I wanted another chance, how would I go back?
The truth was that I hadn't sponsored myself to learn UI/UX design. Someone else had given me that opportunity, and I felt like I had thrown it away. I couldn't find the courage to ask for another chance because I believed I had already disappointed the people who believed in me.
As time passed, I began to see many people succeeding in the same field I had left behind. I watched beginners become confident designers. I saw people creating beautiful designs and building careers from the very skill I had convinced myself I couldn't learn.
Every time I saw them, I asked myself,
“How are they doing what I believed I couldn't do?”
Instead of inspiring me, those moments made me feel worse. I compared my life with theirs and felt like I had failed.

The regret became heavier with each passing day. What started as disappointment slowly turned into hopelessness. I wasn't just grieving the opportunity I had lost—I was grieving the person I thought I could have become.

I felt stuck.

I felt left behind.

Most of all, I felt like a failure.

The pain became so overwhelming that thoughts of ending my life began to creep into my mind. I was tired of carrying the weight of regret, disappointment, and the feeling that nothing in my life was working anymore. Sometimes it felt as though giving up was the only way to escape the pain.

But something inside me refused to let go completely.

No matter how dark my thoughts became, there was still a quiet part of me that wanted to live.

That part of me kept holding on, even when I couldn't understand why. It was as if hope was still fighting for me when I no longer had the strength to fight for myself.

Looking back today, I understand that those thoughts came from a heart that was overwhelmed by pain, regret, and disappointment. At the time, I couldn't see a way forward. I only knew that I was lost.

But one thing never completely disappeared.

Hope.

Even when it felt small, even when I couldn't explain it, a part of me kept believing that life could become better.

Today, I am still becoming.
I am still healing.
I am still learning.
And I am still hoping for better days.

Chapter 6

The Courage to Tell My Story

If I hadn't experienced everything I've shared in this book, I don't think the idea of writing would have ever crossed my mind.

For a long time, I wanted to tell my story. Many times, I would pick up a notebook, write a few words, and then close it again. I simply couldn't bring myself to continue. Looking back now, I realize it just wasn't the right time.

This book exists because I finally found the courage to share what I had been carrying for so long.

I've never been the kind of person who finds it easy to open up. Even when I wanted to talk, I often couldn't find the words. So instead of speaking, I chose to write.

Even while writing this book, there were moments when I wanted to stop. I questioned whether I should continue, whether anyone would understand, or whether my story was worth telling. But I knew that if I stopped again, these words might never be written.

I understand that many people have faced challenges far greater than mine. This book is not an attempt to compare my struggles with anyone else. It is simply an honest account of my own journey. We all carry our battles differently, and this is how I chose to carry mine.

For me, writing became a way of expressing the things I struggled to say out loud. Instead of keeping everything inside, I decided to put it into words. It was difficult, but it was necessary.

Everyone has a story, but this one is mine. No one else has lived these moments the way I have, so no one else could tell them the way I can. That is why I chose to tell it in my own words.

One of the greatest lessons this journey has taught me is that sometimes we have to unlearn, learn, and relearn. Growth is rarely a straight path. It takes time, patience, humility, and the willingness to keep moving forward, even when life doesn't make sense.

I also want to say something important.

I didn't write this book after achieving success. I didn't wait until everything in my life was perfect or until I had all the answers.

I wrote this book in the middle of my becoming.

If there's one thing I hope you take away from my story, it's this: you don't have to wait until your life is perfect before your story has value. Your story matters because it's yours, and even the chapters you're still living can become a source of hope for someone else.

My story is still unfolding. There are still prayers I'm waiting to see answered, dreams I'm still pursuing, and chapters of my life that have not yet been written.

This is only one season of my journey.

As you close this book, I hope you don't just remember my story—I hope you remember your own. Maybe you've been waiting for the right moment to begin again, to forgive, to heal, to dream, or simply to believe that your life still has purpose.

If my journey has reminded you of anything, let it be this: your past does not have the final word. Every new day is an opportunity to write a new chapter.

This may be the end of this book, but it is not the end of my story.

And I believe that, one day, there will be many more stories to tell.

Epilogue

The Story Continues…

If you've made it to this page, thank you.
Thank you for walking through my journey with me—for celebrating the victories, sitting with the disappointments, and staying through the moments that were difficult to put into words.
When I began writing this book, I wasn't trying to prove that I had everything figured out. I simply wanted to be honest.
Honest about the dreams that changed, the plans that didn't work out, the seasons that tested me, and the hope that refused to let me give up.
One thing this journey has taught me is that life doesn't always move according to our timelines. Sometimes the delays we fear become the lessons we need, and sometimes the chapters we wish we could skip become the ones that shape us the most.
If you're reading this while waiting for your own breakthrough, I want you to know this: your story is still being written.
Where you are today is not the end of your journey.
As for me, I'm still growing. I'm still learning. I'm still dreaming.

This book is not the end of my story—it's simply a record of one season of my life.
So, as we both turn the page to whatever comes next, I hope we do it with courage, patience, and hope.
Thank you for reading my story.

ABOUT THE AUTHOR

Taye adeniji wrote this book to share a true story of life challenges, hope, and growth.

A Season I Lived Through: Still Becoming is the first book by the author. It was written with the hope of encouraging anyone who feels lost or discouraged to keep moving forward, one step at a time.

ABOUT THE BOOK

This is not just a story. It is a journey through the seasons that shaped me—the highs, the lows, the tears, the lessons, and the quiet moments that no one saw.

From feeling lost and left behind to finding the courage to keep going, this book is about growth, healing, and becoming the person I was always meant to be.

If you have ever felt like giving up, I hope my story reminds you that your season is not the end of your story. You are still becoming.